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NEWS WORTH SHARING.

Long road from Boyhood leads to Oscar

Patricia Arquette picked up best supporting actress for the groundbreaking drama filmed over 12 years. For more Academy Awards coverage, see pages 11 & 12.

A DANCE WITH DRAGONS

Dancers perform with a dragon during the 42nd annual Chinese New Year Parade in Vancouver on Sunday. Tens of thousands of people attended the parade for what organizers say is one of the largest in North America. DARRYL DYCK/THE CANADIAN PRESS

Pot law faces its challenge

Medicinal marijuana. Move aims to strike down current law which requires patients to buy from licensed producers

NEAL HALL
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A constitutional challenge of Canada's new medical marijuana laws will hear from marijuana law experts from Holland, Israel and the U.S. when it begins Monday in Vancouver.

The expert witnesses will include Robert Mikos, a law professor at Vanderbilt University in Nashville, Tenn.; Dr. Yehuda Baruch, the former head of Israel's Medical Use of Cannabis Program; and Catherine Sandvos, an official with the Netherlands Office of Medicinal Marijuana.

Also on the witness list is Paul Grootendorst, a health economics expert at the University of Toronto, and Surrey Fire Chief Len Garis.

The fire chief is a witness for the defence — the Attorney General of Canada — who will testify about the dangers of marijuana grow operations.

The federal court challenge aims to strike down the current law, known as the Marijuana for Medical Purposes Regulations (MMPR).

"If we win the case, people will be allowed to continue to grow," said lawyer John Conroy, who is representing four medical marijuana patients.

"We're saying the MMPR is unconstitutional because it fails to allow the patient to continue to grow marijuana or have a caregiver grow it for them," he told Metro.

The Federal Court judge hearing the challenge already granted the plaintiffs an injunction on March 21 last year to allow patients to continue growing their own pot if they were already licensed to do so.

The new law was introduced in June 2013 and was fully implemented after a transition period that ended on March 31, 2014. It requires patients to buy their medicine from a commercial licensed producer approved by the federal government.

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NEWS

Art

Mini Vancouver Special critiques unaffordable city

The Vancouver artist famous for creating the East Van cross has taken on a ubiquitous local symbol of housing for his latest sculpture: The Vancouver Special.

Ken Lum set out to build a replica of the house — the mass-produced, two-storey style built in the thousands between 1965 and 1985 — with a budget of $45,000, or how much the house would have cost in the 1970s.

The result is Vancouver Especially, a mini Vancouver Special on display at 221A, an outdoor exhibition site at Union Street and Gore on the edge of Strathcona. If Lum had stuck to the budget, the final sculpture would have been eight times smaller, according to the curator's description of the project.

Lum's project critiques the lack of affordability and skyrocketing land values in a city that often receives accolades for being one of the world's most livable.

It reflects on how the Vancouver Special, designed without architects, relates to the cookie-cutter condo towers dotting the downtown peninsula and the influx of wealthy investors in the market.

Visit 221a.ca for more information on the yearlong exhibit. EMILY JACKSON/METRO

Ken Lum in front of Vancouver Especially. PHOTO BY DENNIS HA/ COURTESY OF KEN LUM AND 221A

Actor Will Ferrell shakes flippers with Nanuq, a 2,000-pound beluga whale, at SeaWorld San Diego's Wild Arctic attraction on July 19, 2011.
MIKE AGUILERA/SEAWORLD SAN DIEGO VIA GETTY IMAGES

Beluga death won't reopen debate: NPA

Vancouver Aquarium. Park board chairman says position hasn't changed since fall vote against cetacean breeding ban

EMILY JACKSON
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The NPA-dominated Vancouver park board has no plans to revisit the heated debate over cetaceans breeding in captivity despite the death of Nanuq, a Vancouver Aquarium-owned beluga who died last week while on extended loan to Orlando SeaWorld.

Nanuq died Thursday at the estimated age of 31 or 32, according to SeaWorld officials. The cause of death is not yet known, but he had been undergoing treatment for an infection caused by a broken jaw that occurred in an encounter with other animals.

While Nanuq's death is "very unfortunate," NPA park board chairman John Coupar said Sunday, his position has not changed since the board voted against a cetacean breeding ban in November.

"It's really more of a Florida story than it is a Vancouver story," he said.

His party, which has a majority on the board, intends to maintain the status quo and does not plan on officially reopening the issue even though the previous board called for further consultation in 2015.

"In my opinion the consultation scheduled for 2015 happened in 2014," Coupar said. "There's a lot of work to be done around a lot of other issues."

Moving forward, the park board will have a liaison position with the aquarium to improve the exchange of information. (Coupar will fill the role.)

The proposed breeding ban for whales, dolphins and porpoises at the aquarium was a divisive issue in the 2014 civic election. The NPA campaigned against the ban, supported by Vision Vancouver. Ultimately, Vision lost control of the park board and backed off passing the ban.

Vancouver Aquarium is currently undergoing a $100-million expansion that will include new, larger whale tanks. The aquarium has said it does not have an active breeding program, but that copulation between whales occurs at times.

The aquarium now owns eight belugas, four of which remain in Orlando SeaWorld. Two are in Georgia Aquarium, and the other two, Aurora and Qila, who is Nanuq's daughter, live in Vancouver's aquarium.

Nanuq was transferred to Orlando SeaWorld in 1997 and moved several times to breed at other facilities. A post-mortem examination is scheduled, but results are not expected for six to eight weeks.

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Transit police end arrest agreement with CBSA

MATT KIELTYKA
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Metro Vancouver Transit Police is ending a policy with Canadian Border Services Agency (CBSA) that played a role in the lead-up to the death of Lucia Vega Jimenez in 2013.

The department announced on Friday it has discontinued a Memorandum of Understanding with the CBSA and will only arrest people during fare checks if they have outstanding warrants, regardless of their immigration status.

Jimenez, an undocumented migrant from Mexico, died days after hanging herself in a Vancouver airport holding cell while awaiting deportation in December 2013 — having been taken into custody initially by Transit Police during a fare check.

"We're trying to move as much as possible to what we would consider to be fundamental community policing," Transit police spokeswoman Anne Drennan told The Canadian Press of the policy change. "We want all persons to be able to access transit regardless of their status."

The change in policy came after Transit Police met with the Transportation Not Deportation rights group on Friday.

Activist Harsha Walia, who was at the meeting, welcomes the reform and told Metro many undocumented migrants are victims of circumstance or flaws in the immigration system.

"Folks who are undocumented should still be able to access community services like transit without fear," she said Sunday. "They need transit to go to work. They have employment and pay taxes. People become part of our country. They're put at an added disadvantage when they're afraid to go on transit because it serves as a checkpoint."

The co-operation between CBSA and Transit Police was under-reported before Jimenez's death, Walia said, and the scrutiny that followed led to Friday's changes.

According to its statement, Transit Police said it will now leave federal authorities in charge of following up with undocumented migrants encountered during fare enforcement.

It will also determine a new "acceptable range" of identification documents for fare-enforcement enquiries.

Crime. Two hospitalized after clash in Abbotsford

Two men sent each other to hospital during a violent fight in Abbotsford on Sunday morning.

According to police, officers were called to a home in the 2300 block of Holly Street at 2 a.m. to respond to reports of a fight in the area.

When police arrived, they discovered two men in their 20s suffering from serious injuries. One of the men had been stabbed, while the other had been shot. Both were rushed to hospital with serious injuries but were then listed in stable condition.

Abbotsford police spokesman Const. Ian MacDonald said the men were battling each other at the time and there are no other suspects. The department's major crimes unit has taken over the investigation.

MATT KIELTYKA/METRO

Surrey

Reckless motorcyclist evades police

Surrey RCMP are searching for a motorcyclist who evaded police on Friday and then apparently rode through a mall. According to police, the rider failed to stop for police after being spotted driving recklessly. Later on, police started getting reports that the driver was seen riding through Guildford Town Centre and down an escalator before fleeing. MATT KIELTYKA/METRO

Warrant

Police search for high-risk sex offender

Police have issued a Canada-wide arrest warrant for a high-risk sex offender who failed to return to his halfway house in Vancouver. Jason Bresnahan, 39, is on statutory release after five years in prison for offences including the sexual assault of a young girl, according to a statement from police. He is considered a high risk to reoffend sexually and violently. EMILY JACKSON/METRO

JP Phaneuf hopes sharing his story of living with post-traumatic stress disorder will help counter the stigma against mental health by putting a human face to the disease. CONTRIBUTED

PTSD survivor says more work needed to fight stigma

Mental health. 'There is still a lack of access to treatment,' says spokeswoman for Canadian Mental Health Association

GEORDON OMAND
vancouver@metronews.ca

There was a point when JP Phaneuf had given up on everything.

The former B.C. paramedic and Canadian Armed Forces member recalled his "darkest moment" in February 2014 as the feelings of extreme isolation, the panic attacks and the out-of-control thoughts and emotions pushed him to the edge.

A year later, and Phaneuf — eventually diagnosed with post-traumatic stress disorder — is sharing his story of survival in an effort to fight the still-widespread stigma surrounding mental illness in Canada.

"I want to say that we've come a long way as far as raising the awareness around mental health," said the 39-year-old Chilliwack resident, who works as a realtor and federal corrections officer.

For Phaneuf, the support of his family and the companionship of his now-four-year-old service dog Jenga were invaluable to his recovery.

Reports from the Mental Health Commission of Canada peg the economic cost of mental illness at more than $50 billion per year, with B.C. bearing $6.6 billion of the burden.

It was previously believed that one-in-five Canadians experience mental illness, but recent research shows that number may lowball the actual figure.

It's more likely one in three, said Julia Kaisla, a spokeswoman for the Canadian Mental Health Association.

"It's an issue that Canada is still struggling to address," she said. "There is still a lack of access to treatment … and a tremendous amount of stigma."

As for PTSD, Canadian Mental Health Association (CMHA) figures indicate that 160 soldiers died by suicide between 2004 and 2014.

PTSD isn't restricted to military members, with mental-health disorders cropping up in a variety of professions, including police officers, paramedics, corrections staff and health-care and social workers.

In all, 24 first responders took their own lives over a six-month period last year, according to CMHA data.

At this year's national Bottom Line Conference, taking place in Vancouver on Feb. 24, CMHA is looking to highlight ideas for solutions from survivors.

Lt.-Gen. Romeo Dallaire will provide the keynote address at the 12th annual conference, sharing about the aftermath of his experience heading the ill-fated 1994 UN peacekeeping mission to Rwanda.

Female engineering undergrads on the rise at UBC

Elizabeth Croft, a professor of mechanical engineering at UBC. CONTRIBUTED

Women at the University of British Columbia are doing their part to re-engineer the glass ceiling.

The number of women registered in the school's first-year undergraduate engineering programs has jumped 61 per cent since 2010.

While the faculty remains overwhelmingly male dominated, the proportion of registered women has reached nearly a third — an increase from 20 per cent five years ago.

"These numbers reflect the tremendous efforts we've made to recruit the best, brightest and most diverse applicants," said Elizabeth Croft, a mechanical-engineering professor and associate dean in the school's applied science faculty, in a release.

Croft launched the Westcoast Women in Engineering, Science & Technology program, which hosts workshops, talks and mentorships to help recruit and retain women in traditionally male-dominated fields.

The national organization Engineers Canada predicted a shortfall of 102,000 engineers within the next five years.

In a release, UBC outlined that it would target female enrolment as one of its strategies to address the shortage in the profession.

GEORDON OMAND/FOR METRO

Mountie who fired Taser lied at Dziekanski inquiry: Judge

Robert Dziekanski.
Mountie's testimony conflicted with amateur video of man's fatal encounter with police

The RCMP officer who stunned Robert Dziekanski with a Taser at Vancouver's airport lied at a public inquiry, a judge ruled Friday, marking the first guilty verdict of any kind related to the Polish immigrant's death.

Const. Kwesi Millington's perjury conviction comes more than seven years after Dziekanski's fatal confrontation with police, which stained the image of the RCMP and led to sweeping changes to how officers across the country use Tasers.

Millington was among four Mounties summoned to Vancouver's airport in October 2007 after Dziekanski, who spoke no English, started throwing furniture in the international terminal. Millington fired his Taser less than a minute after arriving.

The officers, who were never charged for their actions on the night of Dziekanski's death, were compelled to explain what happened at a subsequent public inquiry, and all four were later charged with perjury.

The Crown alleged they lied when they attempted to reconcile their initial accounts of what happened with an amateur video released later. Prosecutors accused the officers of colluding on a story to tell investigators and then lying at the inquiry to cover it up.

B.C. Supreme Court Judge William Ehrcke described Millington's explanations at the inquiry to be "simply preposterous" and he concluded the officer had a strong motive to lie.

"The discrepancies are all in one direction: that of exaggerating the threat posed by Mr. Dziekanski," Ehrcke said Friday, as Millington listened from the prisoner's dock.

"I find his explanation to be patently false."

For example, Millington initially said Dziekanski remained standing after the first jolt of the Taser and that the four officers wrestled the man to the ground. The video clearly shows Dziekanski fell to the floor on his own almost as soon as he was stunned.

Millington told the inquiry he thought Dziekanski was standing when he pulled the trigger a second time and he said he honestly believed the officers wrestled Dziekanski to the ground, though he acknowledged in the face of the video that he was mistaken.

Ehrcke concluded the officers must have spoken to each other before providing statements to homicide investigators, but all four Mounties denied that.

Another officer, Const. Bill Bentley, was acquitted in 2013, while two other cases have not yet concluded. THE CANADIAN PRESS

A B.C. Supreme Court judge says RCMP Const. Kwesi Millington, who stunned Robert Dziekanski with a Taser, lied during a public inquiry. Millington is shown leaving court during a break at his perjury trial in Vancouver on March 10, 2014. DARRYL DYCK/THE CANADIAN PRESS

Public disclosure not required for spill plan: pipeline

Demonstrators protest Kinder Morgan's Trans Mountain pipeline expansion at Burnaby Mountain in November 2014. JENNIFER GAUTHIER/METRO

An emergency response plan for the proposed $5.4-billion Trans Mountain pipeline expansion will remain secret in British Columbia — even though a similar plan was recently made public in Washington state.

Kinder Morgan president Ian Anderson defended his company's decision to publish a heavily redacted version in B.C., saying disclosure of the plan wasn't required by the National Energy Board (NEB).

"We in no way want to have this perceived lack of transparency around our emergency response plans as any indication of us wanting to hide anything or keep anything a secret," Anderson said Friday.

"There are very real security concerns that we have with respect to posting our full and complete plans where critical valves and critical access points to the system are delineated."

He said regulation is different in neighbouring Washington, where the Department of Ecology recently published online Kinder Morgan's detailed emergency response plan for that section of the pipeline.

The company has promised to make its full emergency response plan available to the B.C. government, as well as municipalities and first responders along the pipeline route — but not to the public.

Anderson said he's aware of the public's concerns about transparency and vowed his company would work with industry and regulators to define the public disclosure of response plans in the future.

The NEB rejected a demand from the B.C. government in January to compel Kinder Morgan to provide more information about its emergency response plan. A number of municipalities, First Nations and environmental groups supported the province's request.

But a spokesman with the energy board said Friday that although the government's request was declined in this case, the board would like energy companies in Canada to make their emergency response plans public for existing pipelines.

"Our chairman is not very happy that there's a lack of transparency around these emergency response plans," Darin Barter said. "Canadians deserve to have that information. There's a public will for that information. Industry needs to find a way to make that information public."

Companies are not required to disclose their emergency response plans under Canadian law. Barter said the board is not calling for a legislative change, but for a commitment from industry to be more transparent. THE CANADIAN PRESS

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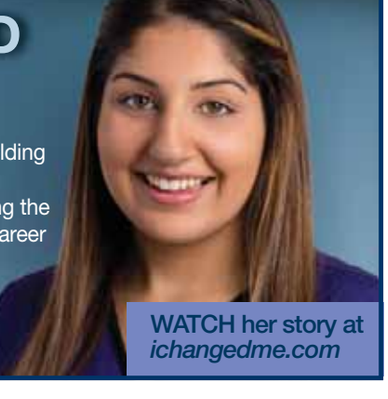
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West Edmonton Mall 'is very safe': Police

Al-Shabab. In a video, a Somali extremist group suggests an attack against Alberta facility

RYAN TUMILTY
Metro in Edmonton

In the wake of a terrorist threat lobbed from halfway across the world, Edmonton Police emphasized Sunday the community is safe.

The threat comes from al-Shabab, a Somali terrorist group, which claimed responsibility for an attack against a Kenyan Mall in 2013 that left 67 people dead.

The brief reference to the West Edmonton Mall is near the end of a 76-minute, documentary-style video about the mall attack.

"What if such an attack were to occur in the Mall of America in Minnesota? Or the West Edmonton Mall in Canada? Or in London's Oxford Street?" a masked man asked in the video.

Edmonton Police are taking the threat seriously, said deputy Chief Brian Simpson, but noted it was not a specific threat.

"I feel West Edmonton Mall is very safe," he said. "I also feel this community is very safe."

Simpson said police were working with mall security and people in the Somali and Muslim communities.

He said the best way of dealing with these type of threats is to "involve (the) community."

Police have said before that they are actively investigating several people in Alberta, because they fear these people are being radicalized.

RCMP assistant commissioner Marlin Degrand said after a threat like this, the RCMP would be more vigilant.

"We will be looking for any changes in behaviour, any of those signs or indicators that there might be some kind of a concern," he said.

Shoppers react

Business as usual

Despite the release of a video that urged extremist groups to attack shopping malls in Canada, the U.S., and Britain, shoppers and staff at West Edmonton Mall continued with business as usual Sunday.

Vicki Olson of Camrose said it didn't stop her from heading to the mall.

"It's a little distressing, but they (police) also said ... the chances of it happening are very slim."

Jeannine Solowy, visiting Edmonton from Yellowknife, said the news was upsetting, but the police response has been reassuring.

"I feel like they have a handle on it," she said.

LEAH HOLOIDAY/METRO IN EDMONTON

Icebreakers finally free ship

A crew member aboard the Canadian Coast Guard Ship Griffon keeps a close watch on the S.S. Arthur M. Anderson as the icebreaker assists the freighter out of heavy ice conditions on southern Lake Erie on Saturday. A spokeswoman for the Coast Guard said the Anderson had been trapped since Tuesday. CANADIAN COAST GUARD/THE CANADIAN PRESS

Railway

CN resumes talks with union

Canadian National Railway and Unifor have resumed contract talks a day before the railway has threatened to lock out nearly 5,000 employees.

A CN statement says the company hopes to reach a negotiated settlement or to persuade the union to agree to binding arbitration.

THE CANADIAN PRESS

Politics

Liberals call for law on assisted suicide by mid-summer

Justin Trudeau's Liberals want the outlines of a new law governing doctor-assisted dying to be clear by mid-summer — before Canadians head to the polls in October.

They'll try to get the ball rolling Tuesday, introducing a motion that calls for creation of a special parliamentary committee.

THE CANADIAN PRESS

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Dozens dead after river ferry sinks

Bangladesh. Struck by cargo vessel at a crossing on the Padma

A river ferry carrying up to 140 passengers capsized in central Bangladesh on Sunday after being hit by a cargo vessel, killing at least 48 people, officials said. A rescue operation was underway, but it was not clear how many people were missing.

The ferry was struck by the cargo vessel at the Daulatdia-Paturia crossing on the Padma River on Sunday afternoon, said fire department official Shahzadi Begum. Rescue teams were deployed and passing boats were helping in the operation, she said.

The site is 40 kilometres northwest of Dhaka, the capital. Ferry accidents are common in Bangladesh, an impoverished South Asian nation that is crisscrossed by more than 130 rivers.

The ferry, the M.L. Mosta, was submerged at a depth of up to six metres, said Inspector Zihad Mia, who is overseeing the rescue operation.

By Sunday evening, at least 48 bodies had been recovered, Mia said. Officials had yet to determine how many passengers were missing. Ferries in Bangladesh usually do not maintain formal passenger lists.

"We don't have a clear picture about how many were exactly in the ferry when it sank," Mia said. "But I think many have survived."

Jewel Mia, an official from the Bangladesh Inland Water Transport Authority, told reporters at the scene that up to 140 people were on board.

THE ASSOCIATED PRESS

Lebanese families picnic after heavy winter snowstorm

Lebanese Druze families picnic in the snow a day after a strong snowstorm, near the village of Hamana, Mount Lebanon, Sunday. A heavy winter storm descended on parts of the Middle East on Friday with snow falling in Israel, parts of the West Bank, Lebanon, Jordan and Syria.

HUSSEIN MALLA/THE ASSOCIATED PRESS

U.S. Senate still in stalemate as budget deadline looms

The possible shutdown of the Department of Homeland Security threatens the Obama administration's efforts to counter the extremist appeal of ISIL within the U.S. and to respond with emergency aid to communities struggling with winter snowstorms, Homeland Security Secretary Jeh Johnson warned on Sunday.

Funding for the department's $40-billion budget ends on Friday, and no solution is in sight for Congress to take action by then. The fight is over President Barack Obama's immigration plan. THE ASSOCIATED PRESS

Ukraine. Blast kills, injures at march amid hopeful signs

A bomb blast killed two at a march in east Ukraine on Sunday on the first anniversary of the ouster of the country's Russia-friendly president, a gruesome counterpoint to the hopes spawned by a ceasefire agreement more than a week ago.

An exchange of prisoners this weekend and acknowledgment by both sides of a commitment to pull back heavy weapons are promising signs that peace may yet prevail, although sporadic exchanges of hostilities between government and separatist forces have yet to subside entirely. THE ASSOCIATED PRESS

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Saudi Arabia

Police detain men for dancing

Saudi Arabia's morality police detained a group of young men for dancing at a birthday party and referred them to prosecutors, according to a state-linked media report.

News site Ayn al-Youm reported that the Commission for the Promotion of Virtue and the Prevention of Vice raided a private property in the city of Buraydah, arresting the men inside for "loud music and inappropriate dancing." Buraydah is the capital of Qassim province, which is home to some of the kingdom's most conservative clerics, who practise a strict interpretation of Islam known as Wahhabism.

An unnamed official told the website that morality police found the men in "a comprising situation in their dance and shameful movements." THE ASSOCIATED PRESS

International contest

Ohio city wins top tap-water prize

Hamilton, Ohio, has won the top tap-water prize at an international tasting contest.

Hamilton received the gold medal for Best Municipal Water on Saturday at the 25th anniversary Berkeley Springs International Water Tasting in West Virginia.

Organizers say Indigo H20 of Elkhart, Ind., won the top prize for best purified water.

Two entrants from Athens, Greece, also won gold medals. Fengari Platinum received the top prize for best bottled water, and Daphne-Ultra Premium Natural Mineral Sparkling won the gold medal for best sparkling water.

Drinking Water Foundation chairman Jack C. West received the 2015 Lifetime Achievement award for his work in the bottled water industry. THE ASSOCIATED PRESS

Ex-comrades say Routh has changed

Trial. 'American Sniper' defendant once admired people like Chris Kyle, say those who know him

For those who served with Eddie Ray Routh in the Iraqi desert, the man on trial for killing famed "American Sniper" Chris Kyle and a friend is not the Marine they had come to know.

"The Routh I knew looked up to people who did that kind of job," said former Cpl. Ryker Pawloski. "He respected war fighters like you wouldn't believe."

"It just doesn't fathom," agreed Corey Smalley, who shared a trailer with Routh at Camp Fallujah in Iraq. "He wasn't the picture-perfect Marine, even though that's what he wanted to be. And the people he looked up to the most were people like Chris Kyle."

The 27-year-old stands charged with capital murder in the Feb. 2, 2013, slayings of the former Navy SEAL and his friend Chad Littlefield. Kyle, who by his own count made more than 300 kills, volunteered to help veterans facing mental health problems. Kyle and Littlefield took Routh to a shooting range after his mother asked Kyle to help her son cope with PTSD and other personal demons.

Routh's attorney, Tim Moore, read a text message during the trial in which Kyle described Routh as "straight-up nuts." Family members have testified that Routh came back from his service a changed man. He was hospitalized multiple times for mental health issues and had trouble keeping a job. THE ASSOCIATED PRESS

Take a gander

A World Gander Fighting Championship is held every February in Mokrin, Serbia. Gander fights, which are considered part of folk heritage in northern Serbia, are not extremely violent, apart from the birds losing a few feathers.

MARKO DROBNJAKOVIC/THE ASSOCIATED PRESS

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Renewed U.S., Cuba relations opens economy

National sports. Revised rules allow Cuban athletes to sign personal endorsements

Before U.S. President Barack Obama announced plans in December to normalize state-to-state relations with Cuba, there were no warning signs.

But if you were looking closely, you might have seen a foreshadowing of the deal flash past on the track. Since last season, some standout Cuban athletes have competed in gear supplied by U.S. companies.

If legendary Cuban hurdler Dayron Robles competes at the Pan Am games in Toronto this summer, he'll do so in Nike shoes. Cuban track and field athletes wore Adidas regardless of their personal brand preference, as a long list of rules kept American companies from doing business with Cuba's state-run sports system.

But two years ago, the country's track and field federation quietly relaxed regulations, allowing athletes greater autonomy regarding apparel deals.

Brand mismatches between athletes and their national federations aren't rare. Athletics Canada, for example, is sponsored by Nike but can't stop athletes from seeking deals with other outfitters, a luxury Cuban athletes had not shared since 1961.

Robles complained about the federation's lack of resources and left the team in early 2013, only to resurface later that year on Monaco's track circuit — wearing Nike gear. He has since returned to a Cuban team transformed, one that has relaxed its individual endorsement deal restrictions.

The move to allow athletes the freedom to seek sponsorships comes amid broader reforms to stimulate the economy through private ownership of homes and businesses, the hope being to create jobs to balance national unemployment. **TORSTAR NEWS SERVICE**

Cuban hurdler Dayron Robles at a meet in May 2014. LINTAO ZHANG/GETTY IMAGES

Banks. Oil slump hurts profits

Canada's top lenders are expected to report a decline in their investment banking profits when they release their first quarter financial results this week, largely due to a slowdown in oilpatch business.

Oil and gas companies are major clients when it comes to investment and corporate banking services, enlisting banks to help them generate cash for new projects by issuing stocks or debt on the public markets. It contributes up to 20 per cent of bank earnings. But the recent plunge in the price of oil has dragged down energy sector spending with it, reducing the need to raise capital on the markets.

"We do expect that the advisory fees that were contributed by energy previously are going to drop to fairly close to zero," said Barclays analyst John Aiken.

Analysts are concerned about the impact on the banks' loan books if oil and gas companies get into financial trouble.

The impact of oil prices on banks' bottom lines will be among the key issues for analysts and investors as lenders report first-quarter results. **THE CANADIAN PRESS**

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Ottawa. GM stock may help feds balance budget

The Harper government's push to deliver a balanced budget despite low oil prices has attracted fresh attention to a potential stockpile of federal cash: a multi-billion-dollar taxpayer stake in the auto business.

The government's remaining 73.4 million shares in General Motors are now worth more than $3.4 billion in total, thanks to the combined effect of a solid stock price and a weakened Canadian dollar.

In fact, once the Canadian exchange rate is factored in on the U.S.-priced stock, its per-share value is higher than it has been in more than five years.

Earlier this month, Ottawa became the only North American government still holding stock acquired as part of the 2009 effort to bail out the then-sputtering automaker.

Ottawa's GM shares surfaced last month as one of several possible money-generating options that could help the Conservative government live up to its promise of balancing the 2015-16 budget.

Fulfilling the pledge will be central to Tory re-election fortunes. The government insists it will achieve a balanced budget even as lower crude prices indirectly carve billions of dollars from federal revenues.

Government shares

Ottawa initially booked the stock's value at $1.1 billion. Its gain or loss is determined by the stock's total proceeds minus its book value.

- **Book value.** Market value of remaining stock is $3.4 billion, which would leave Ottawa with a net gain of $2.3 billion. This would also leave the government only $600 million short of breaking even on its initial investment.

Selling the GM stock and booking the proceeds in the 2015-16 budget could help Ottawa offset the financial blow from the oil slump. Ottawa has reiterated its intention to eventually unload its shares.

Unifor, the union that represents 7,000 GM workers in Ontario, has urged Ottawa to hold on to its shares.

"The worst reason to sell GM shares is to help the government cover its little optics problem with a possible deficit," Unifor economist Jim Stanford said. **THE CANADIAN PRESS**

Ben Fox, right, CEO and co-founder of the startup Sidekick, and Bart Dabek, the company's co-founder and CTO at their office last week.
RICHARD LAUTENS/TORSTAR NEWS SERVICE

Feds should invest in startups: Report

A new report by the Broadbent Institute and Atkinson Foundation argues, against conventional business wisdom, that it is often the state — not the private sector — that is best-placed to pinpoint the business world's trailblazers.

By moving away from its current reliance on indirect measures like tax credits, the report says, the Canadian government could do much more to spur innovation success and ensure that its rewards are shared more fairly.

And, experts argue, Canada needs to do something big and bold, or risk being left behind in the innovation race. A 2011 report to the federal government said it needed to do much better at helping small businesses grow into global competitors.

"Governments are the only body in our society that can make the big bets on unproven research and unproven technologies," says David Wolfe, a political science professor at the University of Toronto Mississauga.

Yet, although Canada has one of the highest levels of indirect innovation support through tax credits amongst wealthy countries, its direct research and development spending compares poorly to competitors like Germany and the U.S. Those governments spend 2.8 and 2.9 per cent of their GDP on R&D respectively, while Canada spends less than 1.7 per cent.

Ben Fox, who launched his web tutorial start-up Sidekick from Ryerson's Digital Media Zone, has benefitted from both direct and indirect government support. He agrees that both can be important tools — tax credits helped alleviate end-of-year financial stress for the fledgling company — but says direct funding was absolutely essential, affording the company the necessary upfront cash to solve early technological problems. **TORSTAR NEWS SERVICE**

VOICES

SMALL GRANTS DO BIG DEEDS

Greenest City Fund enables residents to take climate change mitigation into their neighbourly hands

CITY HOLLER
Trish Kelly

For community groups across Vancouver, last week's announcement of the winners of the Greenest City Fund grants was a nail-biter.

This year represents the fourth and final year of the fund. Like the year your parents laid it on you that you were too old for trick-or-treating, this could also be the end of a really awesome era.

When Vancouver launched the Greenest City Plan in 2009 (which aims to make the city the greenest on the planet by 2020), there were haters who snickered at a municipal government reaching for such a lofty goal. There were critics who doubted the city had enough sway with its residents to make them greener.

The critics were right, city hall can't do it alone; the people need to support it. In 2012, the city clued in and partnered with the Vancouver Foundation to create a city-wide fund for community organizations and residents. It's an interesting model of funding that sees the foundation matching the city's contribution, awarding $500,000 a year to worthy projects.

Projects receiving the funds in 2014 ran the gamut from darling to genius. From cash for a bike trailer to collect a neighbourhood's compost, to startup funds for a local seafood processing facility, the projects funded are as entrepreneurial as they are heartfelt.

It's true some aspects of the Greenest City goals seem out of touch. The city's goals about clean water and green building have not been helped by the fund. With three funding streams that range from small grants for residents that average $500 each, to the biggest community grant that maxes out around $50,000, the program doesn't speak to the scale needed for infrastructure-related projects.

No one wants to lose the great momentum we have going. This can't be the final year for schools with hopes for a garden that will teach crabby teenagers food-growing skills and how to get along with other people. It can't be the last year scrappy non-profits can dream big and start beekeeping to make our gardens better while building employment skills.

Thousands of Vancouverites have participated in the projects since 2012, and these people aren't just community gardeners or program participants, they are also commuters, business owners and consumers who make choices that affect our climate, our carbon emissions and how green we are.

Fortunately, there is hope that 2015 might not be the Greenest City Fund's last year, after all.

At last week's council meeting, the mayor and representatives from the Vancouver Foundation said the two sides want to continue the grants beyond this year. City council already allocated their contribution in the 2015 budget. We just need the Vancouver Foundation's board to agree. They'll make that decision by this fall.

The application for this year's small grants opens on Thursday. Have an idea? Yeah, you have! Go to neighbourhoodsmallgrants.ca.

Trish Kelly lives and writes in East Vancouver. She has a crush on the Vancouver Foundation. Follow her on Twitter @trishkellyc

Your Vancouver

February skies

Photo submitted by Metro reader Taryn Millman

The sunset from Ladner on Feb. 15. Environment Canada is calling for sun with cloud for the first half of the week, and highs of 10 C.

CONTRIBUTED

SEE YOUR SHOT HERE: Send us high-quality snaps of your city to readers@metronews.ca

Upcoming

RCMP to be sued

A news conference will be held Monday for the announcement of a civil suit against the RCMP and B.C. Director of Civil Forfeiture over what is alleged to be a botched investigation and criminal prosecution.

THE CANADIAN PRESS

Terrorism trial

The terrorism trial continues for John Nuttall and Amanda Korody on Monday at B.C. Supreme Court in Vancouver. The two are charged with conspiring to blow up the B.C. legislative building in the midst of Canada Day festivities in 2013.

THE CANADIAN PRESS

National Cupcake Day

The B.C. SPCA is encouraging people to hold cupcake parties for co-workers on Monday, National Cupcake Day. People are urged to "bake a difference" for animals in their community with donations going to SPCA branches or humane societies.

METRO

Vancouver civic budget

On Tuesday, the 2015 civic budget will be presented to Vancouver city councillors during a special council session at City Hall with debate to follow. The budget vote is expected on March 3.

METRO

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Oscars not really awesome

Academy Awards. Host Neil Patrick Harris trades quips for singing and the show never really recovers

MATT PRIGGE
Metro in New York City

Akiva Schaffer, Andy Samberg, and Jorma Taccone of The Lonely Island perform Everything Is Awesome from The Lego Movie during the Oscars last night. The Tegan and Sara hit did not win the Oscar for best original song, which went to Glory from Selma, by John Legend and Common. KEVIN WINTER/GETTY IMAGES

How much of a mess are the Academy Awards? Not even Neil Patrick Harris — the obvious go-to guy who kills at the Tonys and Emmys — could conquer them.

NPH was to be the second safe choice in a row, after last year's Ellen DeGeneres show. Sometimes the Oscars think outside the box and pay the price: Seth MacFarlane singing about boobs in 2013; the dynamic duo of a dazed, noncommittal James Franco and an energy-pill-high Anne Hathaway in 2011.

It all started well. Harris ascended from the floor onto the stage of Los Angeles' Dolby Theatre for his first Oscars gig and immediately addressed the biggest elephant in the room. "Tonight we celebrate the best and whitest — sorry, best and brightest," he quipped, winkingly referring to the heavy snubbing that befell Selma.

But this was a false start. Savage quips were immediately — as in the next sentence — replaced by singing. Harris launched into one of those songs that Billy Crystal used to do, except only about a third of it was dedicated to jokes. Singing about "moving pictures" — it's 1895 all over again! — he offered a sloppy valentine to the medium he's shilling for at this awards show, at least. Harris inserted himself into movies, most of them old — say, blocking Sharon Stone's business from Basic Instinct — but also the night's only feted musical, Into the Woods.

Speaking of which, he was soon joined by Anna Kendrick, as well as Jack Black, who channelled his inner Tenacious D to offer the position that maybe movies are crap and this whole thing is a corrupt love-in. The Oscars do this every now and then: addressing that maybe the ceremony — and maybe even movies themselves — are irrelevant. And as usual, the event had no real answers: just a flashy song-and-dance number performed by one of entertainment's brightest lights.

Harris couldn't really make the Oscars his own, though his best moment was almost certainly a genuinely improvised bit of silliness when he did a song and dance following J.K. Simmons' earnest plea for everyone to call their parents — call, not text — while accepting his Best Supporting Actor prize for Whiplash.

But to the question all of you most wanted to know: Did the Costume Design trophy go to The Grand Budapest Hotel? (OK, some of us were worried it wouldn't.) It did, deservedly, as did the makeup and hairstyling award, for a film that successfully turned the ageless Tilda Swinton into a 90-something prune. In fact, it's odd that OCD director Wes Anderson has not swept the technical awards before.

List of winners

Here are the winners at Sunday's 87th annual Academy Awards at press time. For the full list, visit metronews.ca.

- **Supporting actor:** J.K. Simmons, Whiplash.
- **Supporting actress:** Patricia Arquette, Boyhood.
- **Makeup and hairstyling:** The Grand Budapest Hotel.
- **Best actress:** Julianne Moore.
- **Documentary feature:** CitizenFour
- **Adapted Screenplay:** The Imitation Game.
- **Original screenplay:** Birdman.
- **Visual effects:** Interstellar.
- **Best director:** Alejandro Gonzalez Inarritu, Birdman
- **Best actor:** Eddie Redmayne.

Mothers and other strangers

Some of the night's odd moments

One of the bigger moments of the night came long before the ceremony even started. On the red carpet, Dakota Johnson got peeved with her date, her mom Melanie Griffith, who said she had still not seen Fifty Shades of Grey because you know why. Apparently Griffith is the only one who hasn't heard about its limp sex scenes.

Host Neil Patrick Harris had some noticeably questionable fumbles. He made jokes about Oprah's size and Octavia Spencer's snacking. He also brutally fumbled through the name Chiwetel Ejiofor. But there was a pretty funny Clint Eastwood joke that compared him to Kanye.

Ida director Pawel Pawlikowski became one of the few winners to ever conquer the nosy, impatient orchestra, who were all set to drown him out far quicker than they would, say, a J.K. Simmons. He persisted and they actually shut up, only coming back when he would let them. Good on ya.

Dakota Johnson with mom Melanie Griffith
JASON MERRITT/GETTY IMAGES

‘WE’RE MORE THAN JUST OUR DRESSES’

We hear ya, Reese. Though we recognize there is more to these stunning ladies (and gents) than their looks, here are the night’s best dressed

METRO/THE ASSOCIATED PRESS

Lady in red

There was a contingent of leading ladies in strapless red, including Rosamund Pike in Givenchy Haute Couture.

Green light

Scarlett Johansson opted for statement jewelry in the form of a green choker, which complemented her perfectly moulded Versace gown.

Carried away

Jennifer Aniston, wearing champagne-coloured Versace, uses her muscles to try and lift Emma Stone, who wore a custom Elie Saab gown.

#AskHerMore

Hollywood actresses sent a feminist message on the Oscar red carpet this year, promoting the #AskHerMore campaign that aims to put an end to sexist questions on the red carpet.

“We’re more than just our dresses,” best actress nominee Reese Witherspoon said before the show. “We are so happy to be here and talk about the work that we’ve done. It’s hard being a woman in Hollywood or any other industry.”

Twitter

@fuggirls
#askhermore is great, but it’s ALSO okay to ask/say who you’re wearing. You got it for free. It’s a transaction. Tip your server. -H #Oscars

@shondarhimes
Stop asking women questions about what they wear to cover the containers they carry their brains around in. #AskHerMore

ALL PHOTOS: GETTY IMAGES

Hollywood goes classic

High collars replaced sexy cutouts, and Classic Hollywood in blacks and whites took hold of the Oscars red carpet Sunday night with help from Witherspoon, who was in a black and white off-the-shoulder Tom Ford gown, and a heavily pearled look for fashion It girl Lupita Nyong’o.

Jewelry a force for good

Best supporting actress nominee Laura Dern prepares for the Oscars wearing a Bulgari turquoise ring in support of the American Lung Association’s Lung Force, an initiative dedicated to raising awareness about lung cancer and how it affects women. Turquoise is the signature colour of Lung Force.

Pearly perfection

Several stars wore high-necked white gowns, including Marion Cotillard and Nyong’o (pictured here) in a heavily embellished custom Calvin Klein.

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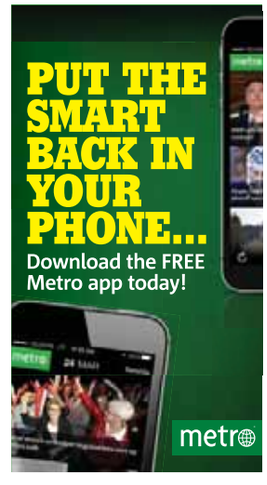

Make a plan and stick to it

Financial goals.
Becoming debt-free or saving for a down payment for a house requires sacrifice and a well-thought-out strategy

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Home ownership comes with plenty of pros, but also plenty of cons. It's up to you to plan accordingly. ISTOCK

Sometimes people say they want one thing but then do something that totally works against them achieving their goal. Home ownership is a great example.

Even if they manage to paint a pretty clear picture of what that home will be like, where it will be, and what it will feel like to live there, they can't come to grips with the fact that owning a home changes everything. It usually means not spending money in restaurants, on new clothes, or on vacations so you can build a down payment. It also means not going out three nights a week to party with friends because now you have a mortgage and a whole bunch of around-the-house things to get done.

Deciding what you really, really want means that you not only visualize what you're trying to achieve, you also do your best to predict and understand the consequences of getting what you want.

Everything in life comes with upsides and downsides. If you're only looking at the upsides when you're making your decisions, you'll be unhappily surprised by the downsides.

Having children has huge upsides. But having children also has enormous responsibilities that can take your breath away. Ditto deciding to go back to school, changing your career, moving to a new country or another part of the country, or becoming debt-free.

People often tell me that they know what they want. Just as often, their behaviours do not match their words.

It's important to understand and accept the consequences of your choice and integrate both the upsides and the downsides into your plan. Sure, you may not be able to go out three nights a week with friends, but you can hold a game night or have a Dessert for Dinner evening where everyone brings something to the table. And you may be stuck home with baby, but that won't stop you inviting all the other stuck-home-with-baby people over for poker night or to watch the latest DVD release.

Once you decide what you really, really want, putting some tracking into place to measure your progress is much more likely to get you there. Have you ever noticed that when you start something new you're all gung-ho, but as time goes by your energy and effort wanes? Hey, it's human. Once we lose our initial enthusiasm — when the immediate seems more tempting than the long-term goal — that goal feel almost oppressive. Really? We're going to turn down dinner out with friends again! When will this be over?

When you're working toward a goal, you have to find ways to stay focused on what you've achieved so you keep going. Having knocked a $2,000 credit card balance back to zero, you may find your motivation to attack your student loan lagging. A vacation seems much more enticing now. Doesn't everyone take forever to pay off their student debt anyway?

You have to come up with ways to keep the blush on your debt-free rose.

Measuring your progress is one way to stay focused and keep yourself motivated. By recording how you're doing, you can look at a picture that reflects your reality, not what you think is your reality. You can appreciate what you have accomplished in moving towards your goal.

I can hear some of you moaning now: "But Gail, all that measuring takes time I don't have." Really? You're trying to achieve a goal you've said is important, but you don't have time to check to see how you're doing? Or is it you're afraid you're going to miss the mark and would rather keep your head buried in your delusion?

Measuring can be as simple as making a chart and colouring in your progress or as creative as making a debt-tree with $100 leaves and then pulling off a leaf every time you pay down $100 of your debt.

Why so stubborn?

Hugely resistant to measuring your activities on any front? Maybe you're not yet committed to change. Writing it down means making a deal with yourself to do something that has results.

- If you're not writing it down, there's no deal, and you're off the hook. Of course it also means you're going to keep doing what you know isn't working.

†Subject to credit approval. To be eligible, patients must complete the Custom LASIK procedure on both eyes by March 31, 2015. Cannot be combined with any other offer or discount. *Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

Colour outside the standard chicken lines

Dinner. Stuffing poultry with asparagus, red peppers and cheese gives it a unique look

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

A stuffed chicken breast is always a tender and delicious entree. The asparagus, brie and roasted peppers give this meal an attractive appearance since we also eat with our eyes.

If you want a stronger flavour, try using aged cheddar or goat cheese.

You can also ask your butcher to cut the chicken breasts into scaloppini to eliminate pounding the chicken.

This recipe serves four. ROSE REISMAN

Ingredients

- 1 1/2 lb boneless skinless chicken breasts (about 4 breasts)
- 1 egg
- 2 tbsp 2% milk (or water)
- 2/3 cup seasoned dry bread crumbs
- 2 tbsp grated Parmesan cheese (1/2 oz)
- 2 tsp vegetable oil

Stuffing

- 12 small (or 4 large) asparagus spears (about 1/4 lb/125 g), trimmed
- 1/4 cup diced brie (1 oz)
- 2 tbsp grated Parmesan cheese (1/2 oz)
- 1/4 cup chopped roasted red pepper (about 2 small roasted red peppers)
- 1/2 tsp dried basil
- 3 tbsp chopped fresh basil

Directions

1. Preheat the oven to 400 F. Lightly coat a 9- × 13-inch casserole dish with cooking spray.

2. Working with one at a time, place a chicken breast between 2 sheets of waxed paper and pound to an even 2-inch thickness. Set aside.

3. Stuffing: Boil or steam the asparagus until just tender, about 2 minutes. Drain and rinse with cold water. Dice and place it in a bowl. Add the brie, Parmesan, red pepper and dried basil.

4. Lay the chicken breasts flat and divide the stuffing equally among them. Roll up and secure with a toothpick. Whisk together the egg and milk and place in a shallow bowl. Combine the bread crumbs and Parmesan in another shallow bowl or plate.

5. Lightly coat a large nonstick skillet with cooking spray, add the oil and set over medium-high heat. Dip the rolled chicken into the egg mixture and then into the bread crumbs. Sauté the rolled chicken just until browned on all sides, about 5 minutes.

6. Place in the prepared casserole dish and bake another 10 to 15 minutes or until the chicken is no longer pink (or reaches an internal temperature of 165 F). Slice in half or into medallions to serve. Garnish with fresh basil. THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Side. Cauliflower Steak with Salsa

Ingredients

- 1 large head of cauliflower
- 1/2 cup sliced black olives
- 6 rehydrated sun-dried tomatoes, sliced thinly
- 2 tbsp olive oil
- 1/2 tsp minced garlic
- 1/2 tsp lemon juice
- 2 tbsp chopped basil or parsley

1. Preheat oven to 450 F.
2. Remove leaves from cauliflower, leaving stem intact. Slice cauliflower into four 1/2-inch "steaks."
3. In skillet sprayed with vegetable oil, sauté cauliflower steaks 3 minutes per side. Place on baking sheet lined with foil and bake 20 minutes, until fork tender.
4. In bowl, combine olives, tomatoes, oil, garlic, lemon juice and basil. Divide over top.

ROSE REISMAN

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Closures spell trouble for student employees

Job search. Summer job hunters may need to broaden search following retail breakdowns: Experts

Students and new graduates on the hunt for summer jobs may find the search even more daunting given the recent grim news on the homegrown retail front.

With Target shuttering its 133 Canadian locations and Jacob, Mexx, Sony, Parasuco and Jones New York closing up shop, will short-term job opportunities be tougher to come by?

Hershi Rubinoff, president of career site CPG Connect, said she's seen a huge influx of visits from Target employees since the Minneapolis-based retailer announced its exit from the Canadian marketplace.

"I think that's the biggest problem that students and new grads are going to run into this summer because as they're applying for those part-time retail positions, there's going to be a plethora of candidates in the market from Target and ... other retailers," Rubinoff said.

"Because there's going to be so many of them looking for work, they're going to have the experience, and they're likely going to be willing to accept a lower wage."

But Lauren Friese, founder of TalentEgg, a Canadian job site and career resource for students and recent graduates, said it's still unknown how many of the eliminated jobs would have been available to young people.

The job market for teens and young adults remains a tough one.

Statistics Canada data revealed the youth unemployment rate declined by 0.7 percentage points in January to 12.8 per cent, with 30,300 more young people working compared to the year prior. Still, the youth unemployment rate far exceeds the national figure of 6.6. per cent.

Rubinoff said young people should be diversifying their job searches and looking to different sectors for potential opportunities.

"I know that event marketing is always something that is very big and definitely picks up in the summertime as the different consumer packaged goods companies look at grassroots ways to reach their target audience," she said.

Friese recently gave an hour-long presentation in which she stressed three main points on pursuing summer and post-graduate work: being resourceful, creative and taking action.

"Being resourceful starts with being very organized and figuring out all the different types of resources that are out there to help you, whether they're in the online world or the offline world," said Friese, whose website features Bright Ideas, an online initiative aimed at crowdsourcing solutions to improve Canada's youth employment.

Friese said she thinks the exciting part of summer employment is that students get the chance to gain experience in an area they may be uncertain they like or want to pursue for the long haul.

"Once you graduate and enter into 'the real world' you don't get those opportunities to take career sabbaticals. You don't get those opportunities to just try something new," she said.

"You commit to something and you're expected to stay there long-term. And if you do jump around a lot, you're thought of as a job-hopper that's not sure of what they want to do.

"If you do it while you're still in school it's a completely different impression," she added.

THE CANADIAN PRESS

Young professionals are having to hustle in market that's bringing on hurdle after hurdle. ISTOCK

Unexpected competition

"As they're applying for those part-time retail positions, there's going to be a plethora of candidates in the market from Target and ... other retailers."

Hershi Rubinoff
President of career site CPG Connect

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What to do when Cupid aims for your cubicle

Career. How to date a co-worker without putting your job and reputation in jeopardy

LAKSHMI GANDHI
Metro in New York

Compartmentalize

Remember to set up your Facebook privacy settings so everyone doesn't know about your romantic weekend away or the cute selfies you took after work.

- This is especially true as things get more serious. If it's looking like you've found your soulmate, do you really want everyone knowing your business?

It's all very exciting when a fling comes your way, but keep the flirting at a minimum in the workplace. ISTOCK

While many people claim that they'd never date someone at work, the numbers tell a different story. According to a 2014 CareerBuilder survey, 38 per cent of workers say they've dated a co-worker. But mixing love and the workplace can be tricky.

Here's what you should do if the love bug infects your office.

Proceed with caution

Have you ever dealt with a messy breakup and you're oh-so-glad your ex lives across town? Well, what happens when he or she's in the next cubicle pod? Proceed slowly and remain professional at the office — no PDA after-hours at the copier, OK?

That's not to say romance can't blossom and result in marriage, but the alternative — a fling leading to a stressful breakup and constant run-ins at the water cooler, not to mention career setbacks — are possibilities as well.

Do not date your boss

This is simply not smart — your career and reputation are at stake, and if word gets out, your colleagues may be jealous and think you're getting special treatment. Or, your boss may overcompensate and be harsher on you with demanding work and performance reviews. Just say no. And if you're the boss, avoid dating someone you manage at all costs.

The key to delicately handling office politics is to be protective of your love life by keeping your romance on the down low.

If it's obvious you're spending lunchtime together and are spotted out and about there's no need to deny it.

But in the ideal scenario, it should be up to you to decide when to tell colleagues you are a couple.

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MLS

Whitecaps beat Timbers in a not-so 'friendly'

Last week, after a training session at Thunderbird Stadium, Vancouver Whitecaps manager Carl Robinson said he expected Sunday's preseason friendly against the rival Portland Timbers to be a lively match. He was right.

On Sunday evening in Portland, the Whitecaps were involved in anything but a "friendly" match as they defeated the Portland Timbers 1-0, in a game where the two teams looked to be in mid-season form.

The first half was filled with end-to-end action, with both sides sprinting up the pitch and tracking back to make tackles. Starting what could possibly be an opening-day lineup, the Whitecaps were able to weather the Timbers' early onslaught of chances before capitalizing on one of their own.

Former Portland Timber defender Pa-Modou Kah put the Whitecaps ahead with a powerful header off of a Mauro Rosales cross, blowing by the Timbers keeper. They went into halftime with the lead.

After Portland's Rodney Wallace was sent off 15 minutes into the restart, the second half was dominated at times by Vancouver's pace and passing, most notably by Kekuta Manneh.

The Whitecaps were unable to find their finishing touch again before the final whistle but were able to hold the Timbers within the closing moments.

Portland's Liam Ridgewell was also sent off in the final minute of play.

RYAN LEHAL/METRO

Lack relieves Miller in shutout of Isles

NHL. Canucks' starting goalie suffers injury in second period

Canucks winger Jannik Hansen collides with goalie Ryan Miller on Sunday in Uniondale, N.Y. Miller left the game with a leg injury following the play. KATHY KMONICEK/THE ASSOCIATED PRESS

Eddie Lack didn't expect to share a shutout with Ryan Miller.

But Lack's 27 saves in relief proved to be exactly what the Vancouver Canucks needed on Sunday night.

Lack was perfect after Miller went down with an apparent leg injury early in the second period, and the Canucks blanked the New York Islanders 4-0 to keep pace in the tight Western Conference playoff race.

Zack Kassian, Radim Vrbata and Bo Horvat scored in the second period for Vancouver, and Yannick Weber added an empty-net goal.

"I know you have to prepare for anything to happen," said Lack, who replaced Miller at 1:11 of the middle period. "When he went down, I just had to go in there and play my game."

The 34-year-old Miller won his 28th game — since the Canucks were ahead 1-0 when he was injured. Miller left after he was run into by teammate Jannik Hansen in the crease. Miller, who made 10 saves, stayed down and was in pain after the collision and appeared to flex his right leg as he left the ice.

"That was a big game to help us believe what we're trying to do as a team," said Canucks coach Willie Desjardins, who offered no update on Miller's condition.

"We battled and Lack made some unreal saves."

On Sunday

Canucks	Islanders
4	0

Vancouver opened its five-game trip with a shootout win over the Rangers on Thursday, followed by a 4-2 loss at New Jersey on Friday. The Canucks continue with visits to Boston and Buffalo, where Miller played 11 seasons for the Sabres before he was traded to St. Louis late last season.

Henrik Sedin, who leads the team with 54 points, including 42 assists, has 14 points in his past 11 games against the Islanders.

"We played well, the way we can, even with the injuries we have," he said. "It's just a matter of scoring when you have chances. We earned the win against one of the best teams in the league."

Vancouver also improved to 12-2-0 against Metropolitan Division opponents, including a 3-2 home win over the Islanders on Jan. 6.

THE ASSOCIATED PRESS

Jensen reassigned

The Canucks reassigned Nicklas Jensen to the Utica Comets of the American Hockey League following Sunday's game.

- The 21-year-old was originally recalled by Vancouver from Utica on Saturday, but didn't dress in the win over the Islanders.

4 SPORTS

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Joey Logano celebrates in victory lane after winning the Daytona 500 on Sunday in Daytona Beach, Fla. CHRIS GRAYTHEN/GETTY IMAGES

Nascar. Logano silences critics with Daytona win

Joey Logano, the driver who has spent seven years trying to live up to impossible expectations, raced to his first career Daytona 500 victory Sunday as he continued to reward Roger Penske for catapulting him into one of NASCAR's top stars.

Nicknamed "Sliced Bread" when he broke into the Sprint Cup Series at 18, because so many predicted him to be the next big thing, Logano found himself searching for a new job after four underwhelming seasons.

He was snatched up by Penske for the 2013 season after being dropped by Joe Gibbs Racing, a move that jump-started his career.

THE ASSOCIATED PRESS

NBA

Durant has more foot surgery

Kevin Durant had surgery Sunday to alleviate pain in his right foot, and the Oklahoma City Thunder expect him to return during the regular season. A screw was replaced from his October operation for a broken foot bone. Thunder GM Sam Presti said the star forward will be evaluated next week. THE ASSOCIATED PRESS

Curling

Jones locks up fifth national title

Manitoba's Jennifer Jones defeated Alberta's Val Sweeting 6-5 in the gold-medal game Sunday night at the Scotties Tournament of Hearts. Jones hit an open draw with her last throw in the 10th end for her fifth career national title.

THE CANADIAN PRESS

Grizzlies centre Marc Gasol drives to the basket against Portland Trail Blazers counterpart Meyers Leonard on Sunday in Portland. DON RYAN/THE ASSOCIATED PRESS

Grizzlies claw their way back to victory

NBA. Memphis overturn 13-point deficit in final quarter thanks to Marc Gasol's 21-point haul

Marc Gasol scored 21 points, and the Memphis Grizzlies overcame a 13-point deficit in the fourth quarter for a 98-92 victory on Sunday night over the Portland Trail Blazers.

LaMarcus Aldridge was a late scratch for the Blazers because of a right thumb sprain. It was unclear how the four-time All-Star injured the thumb; he was out warming up with the team before the game.

The Grizzlies, off to the best start in franchise history at 40-14, were coming off a 10-day layoff because of the All-Star break.

Portland carried a 77-64 lead into the final period, but Kosta Koufos connected on a hook shot and Gasol made a jumper to get Memphis within two at 85-83.

Gasol hit another jumper before Tony Allen's dunk gave Memphis the lead with 4:13 left.

Nicolas Batum's 3-pointer put Portland ahead 90-89, but Courtney Lee answered for Memphis with a layup and a free throw. Damian Lillard missed a 3-pointer with 43.9 seconds left before Gasol's jumper helped secure the win for Memphis.

Lee had 19 points for the Grizzlies, who hadn't played since a 105-89 loss at Oklahoma City back on Feb. 11.

Lillard had 18 points and seven assists for the Blazers, who were coming off a 92-76 loss at Utah on Friday night.

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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Working behind the scenes can be frustrating for someone as outgoing as you. But it does enable you to do things you don't want others to see.

♉ Taurus
April 21 - May 21
Some people may say you are being too cautious, especially with money, but your sixth sense tells you this is not a good time to splash out.

♊ Gemini
May 22 - June 21
Just because you disagree with someone does not mean you cannot be friends. The message of the stars today is differences of opinion must not be allowed to come between you.

♋ Cancer
June 22 - July 23
If someone you live or work with needs assistance today, and according to the planets they most likely will, you must go out of your way to help.

♌ Leo
July 24 - Aug. 23
Keep standards high over the coming week and make sure those around you aim high too. You'll be judged as much on who you know as what you do.

♍ Virgo
Aug. 24 - Sept. 23
With the Sun at right angles to Saturn, you will have to give ground. Compromise is not an option, it's essential. There are times when you have no choice but to work as part of a team, and this is one of them.

♎ Libra
Sept. 24 - Oct. 23
You may have to postpone something you were looking forward to but looking back at the end of the week you will be relieved you never got started.

♏ Scorpio
Oct. 24 - Nov. 22
You need to recognize that you do not have unlimited resources. If there is something you want, and it doesn't come cheap, you may have to put it on your wait list for a while.

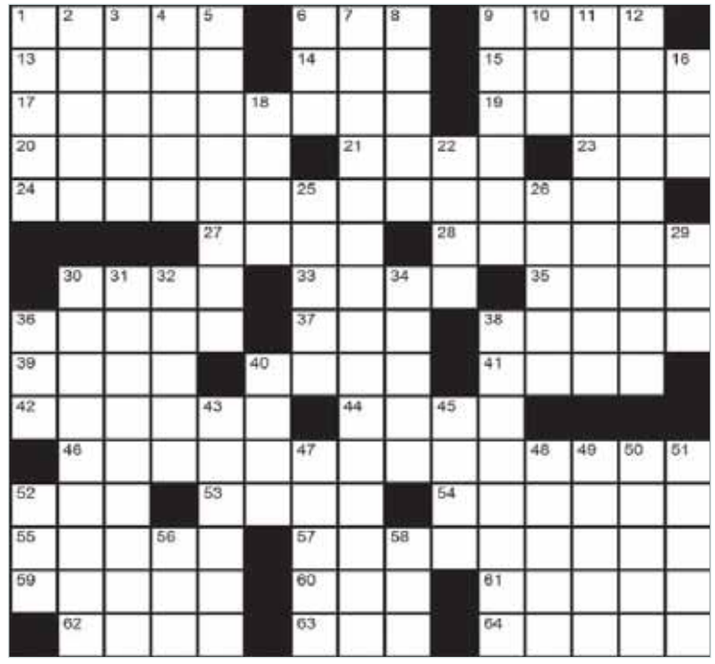
♐ Sagittarius
Nov. 23 - Dec. 21
Saturn in your sign at odds with the Sun today means you must not get worked up about something which, in the greater scheme of things, is of only minor importance.

♑ Capricorn
Dec. 22 - Jan. 20
What a friend or relative tells you may not be what you were hoping to hear but it is good advice and if you are smart you will listen and learn.

♒ Aquarius
Jan. 21 - Feb. 19
Stay out of a dispute today, even if you think you can bring the two sides together. Chances are you will bring them together but it is likely to be in opposition to you!

♓ Pisces
Feb. 20 - March 20
Don't worry if your latest project does not seem to be making much progress. There is a good cosmic reason why you are being held back.

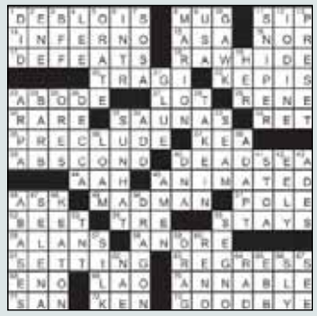
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Acknowledge
6. Bottom-of-letter letters
9. In _ __ (Sequentially)
13. "From __ __ shining..."
14. "__, what's up, doc?" - Bugs Bunny
15. "Tiny Bubbles" singer: 2 wds.
17. Michigan city of song
19. Keep your __ __ the prize
20. Catch
21. WWII-era servicewomen
23. "__ Boot" (1981)
24. One was set up by a German U-boat landing party in Martin Bay in Northern Labrador in WWII: 2 wds.
27. Currency exchange fee
28. Songstress Ms. Gore
30. Aura
33. Santa Fe, _. __.
35. Ailments
36. Glimmer
37. Positive opp.
38. "Darn __ __!"
39. "You leave __ __ choice..."
40. Like venison
41. Not any
42. Deep blue
44. Blood type, _ __.
46. Toronto Maple Leafs mascot: 3 wds.
52. Association [abbr.]
53. Get paid
54. Six-headed mythological sea monster
55. Actress Sophia
57. Chantal Kreviazuk hit: 2 wds.
59. Olympic sprinter Mr. Bolt
60. Wrath
61. Painting stand
62. Thesaurus entries, briefly
63. Dangerous fly, when doubled
64. Salon snippee

Down
1. Awry
2. Actor, Cameron __ Stewart
3. Mediterranean island
4. "But is __ __?" (Museum query, perhaps)
5. Weapon axe
6. Collectible candy dispenser
7. Exhibit etiquette: 3 wds.
8. Piglet
9. "__ Fideles"
10. Mr. Orbison
11. Bill phased out by the Loonie: 2 wds.
12. Ms. Furtado's debut album: 2 wds.!
16. Switch selections
18. Take down _ __ (Humble)
22. Mineral residue
25. Actress Lisa
26. "__ __ __ go?" (Was the thumbs-up given?)
29. Couture letters
30. Calgary Flames forward Curtis
31. "Dallas" actress: 2 wds.
32. _.__ ('Dine in the Dark' restaurant in Toronto and Montreal)
34. Ancient land
36. Dieter's stat.
38. How clandestine operations are carried out: 2 wds.
40. "You've __ _ Way" by Shania Twain
43. Big Bandleader Mr. Miller's
45. "It's __ __ Quiet" by Bjork
47. Elliptical path
48. Way to learn a song on piano: 2 wds.
49. Meredith's "Family Ties" role
50. Hand creams ingredients
51. Actor Mr. Julia's
52. Jazz musician, __ Dara
56. German article
58. Cost

Last week's Crossword

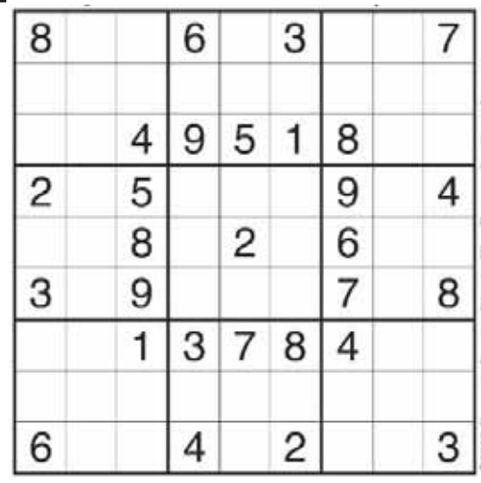


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Last week's Sudoku

9	4	7	3	1	8	6	2	5
2	8	6	5	7	9	4	1	3
1	5	3	4	2	6	9	7	8
8	6	5	7	9	3	1	4	2
4	1	2	6	8	5	3	9	7
3	7	9	1	4	2	5	8	6
6	2	1	8	5	4	7	3	9
5	9	4	2	3	7	8	6	1
7	3	8	9	6	1	2	5	4

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